












Carb Smart Dill Pickle Chicken Salad


with Croutons and Dill Pickle Cream

Smart Meal











25 Minutes

 Swap	 Swap	 Double
		
Chicken Breasts 2 4	Tofu 1 2	Chicken Thighs 560 g 1120 g

 Customized Protein  Add  Swap or  Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca) 



	
Chicken Thighs* 280 g 560 g	Garlic, cloves 1 2
	
Baby Spinach 113 g 227 g	Tomato 1 2
	
Dill Pickle, sliced 90 ml 180 ml	BBQ Seasoning 1 tbsp 2 tbsp
	
Cream Cheese 2 4	Mayonnaise 2 tbsp 4 tbsp
	
Croutons 28 g 56 g	Whole Grain Mustard 1 tbsp 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, oil, pepper, salt

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, parchment paper, small bowl, strainer, whisk

1



Prep chicken

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 4:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)
 - Extra: 1 tsp (2 tsp)

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Tofu**

✖2 Double | **Chicken Thighs**

- Heat a large non-stick pan over medium-high heat.
- Pat **chicken** dry with paper towels.
- Season with **salt, pepper** and **BBQ Seasoning**, then flip to coat.

4



Make dill pickle cream

- Add **half the cream cheese** (use all for 4 ppl), **chopped pickles**, **half the mayo** and **½ tsp** (1 tsp) **garlic** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

2



Cook chicken

🔄 Swap | **Tofu**

- When the pan is hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown, 1-2 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 8-10 min.**

5



Make vinaigrette and salad

- Add **mustard, remaining mayo, 1 tbsp** (2 tbsp) **pickle brine**, **½ tbsp** (1 tbsp) **oil** and **¼ tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- When **chicken** is done, add **tomatoes, spinach** and **sliced pickles** to the large bowl with **vinaigrette**. Toss to combine.

3



Finish prep

- Meanwhile, peel, then mince or grate **garlic**.
- Cut **tomato** into ½-inch pieces.
- Drain **pickles**, reserving **brine**. Finely chop **2 tbsp** (4 tbsp) **pickles**, then thinly slice **remaining pickles**.

6



Finish and serve

🔄 Swap | **Tofu**

- Thinly slice **chicken**.
- Divide **salad** between plates. Top with **chicken** and **croutons**.
- Dollop **dill pickle cream** over **chicken**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1 | Prep chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then season and cook it in the same way the recipe instructs you to season and cook the **chicken thighs**.

1 | Prep tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **chicken**.

1 | Prep chicken

✖2 Double | **Chicken Thighs**

If you've opted for **double chicken**, prep and cook it in the same way the recipe instructs you to prep and cook the **regular portion of chicken**. Work in batches, if necessary.

2 | Cook tofu

🔄 Swap | **Tofu**

Pan-fry **tofu** until golden-brown, 1-2 min per side. Transfer **tofu** to a parchment-lined baking sheet. Roast in the **top** of the oven until golden and tender, 6-8 min.

6 | Finish and serve

🔄 Swap | **Tofu**

Plate **tofu** in the same way the recipe instructs you to plate the **chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.